SALTER

MiBody

Body Analyser Scale with USB PC Data Tracking

Instruction Manual and Guarantee

please read this instruction manual before using the product for the first time

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CONTENTS

What is MiBody? 4
How Does MiBody work? 4
Information for Your Safety 4
Getting Started
- Step 1: Batteries 4
- Step 2: Carpet Feet 4
- Step 3: Scale Display 5
- Step 4: Set Date and Time 5
- Step 5: Software Installation 5
- Step 6: USB Flash Drive 5

Scale Operation
- Weight Reading Only 6
- Personal Data Entry 6-7
  - Step 1: Determine Your Fitness Level 6
  - Step 2: Enter Your Personal Data 6-7
- Weight & Body Analysis Readings 7

Understanding Your Results
- Body Fat –What Does It Mean? 8
- Body Water – Why Measure It? 8
- How Can Knowing Your Body Fat and Water Percentages Help? 8-9
- Basal Metabolic Rate (BMR) – What Does it Mean? 9
- Why Should I Know My Muscle Mass? 9
- What Does My BMI Value Mean? 10
- Visceral Fat Rating – What Does It Mean? 11

Uploading Results to Your Computer
- Step 1: Transfer Results To USB Flash Drive 12
- Step 2: Transfer Results to PC 12

Viewing Results on Your Computer 13-14
Managing Your Results
- User Name Change 15
- Data Entries 15
- Units 15
- Timeframe 15
- Print 15
- Input/Output Data (Backup/Retrieve) 16
- Delete Data 16
- Help 16

Uninstall Salter MiBody Software 16
Frequently Asked questions 17
Troubleshooting 18
Warning Indicators 18
Use & Care 19
Guarantee 19

WHAT IS MIBODY?

Monitoring your health is about more than just your weight reading today. It is understanding the total health status of your body and keeping track of changes over weeks and months, especially when your on a diet or training for a marathon…..

MiBody is designed to make this possible. It is a comprehensive body analyser scale that will determine your weight, body fat, body water, muscle mass, visceral fat, BMI and BMR, giving you a more accurate reading of your overall health and fitness. Secondly it allows you to store your results and then easily transfer them to your computer for analysis and future reference.

HOW DOES MIBODY WORK?

The scale can store up to 30 results per person. Results are transferred to your computer using the USB flash drive supplied. Once installed you can analyse and manage your results using the MiBody computer software.

INFORMATION FOR YOUR SAFETY

This product is for domestic use only.

Professional medical guidance should always be sought before embarking on diet and exercise programmes.

The Salter MiBody is calibrated for adult use (age 16+ years).
It is not suitable for use during pregnancy.

CAUTION: Do not use this product if you have a pacemaker or other medical device fitted. If in doubt, consult your doctor.

GETTING STARTED

Step 1: Batteries

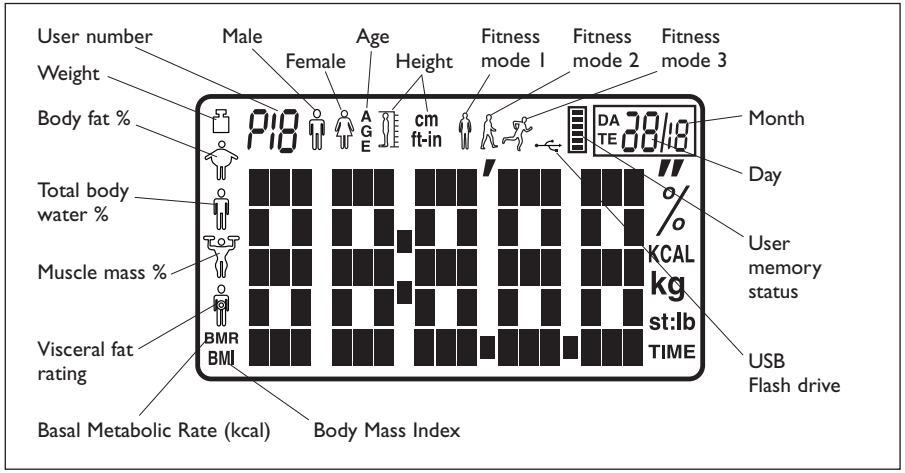
Insert the 6 x AA batteries supplied into the battery compartment, ensuring the + and – terminals are correctly orientated.

Step 2: Carpet feet

For use on carpet please attach the carpet feet provided (UK only).

Step 3: Scale Display

Use the illustration below to familiarise yourself with the features of the scale display.



Step 4: Set Date & Time

Note: When the scale batteries are first inserted the incorrect time and date will be displayed.

1. Press scale platform (on one of the corners nearest to you) firmly until you hear a beep then release.
2. Wait until display shows zero.
3. Press and hold **ON/SET** button until year flashes on display. Adjust year using ▲ and ▼ buttons. Press **ON/SET** button to confirm.
4. Month flashes. Adjust month using ▲ and ▼ buttons. Press **ON/SET** button to confirm.
5. Day flashes. Adjust day using ▲ and ▼ buttons. Press **ON/SET** button to confirm.
6. Hour flashes (note clock is 24 hour). Adjust hour using ▲ and ▼ buttons. Press **ON/SET** button to confirm.
7. Minutes flash. Adjust minutes using ▲ and ▼ buttons. Press **ON/SET** button to confirm.
8. Zero is displayed. Wait for scale to switch to clock mode.

Note: When not in use the scale will display the time.

Step 5: Software Installation

Download the MiBody computer software from www.mi-body.com
The MiBody computer software is compatible with Windows 2000, XP and Vista. It is not compatible with Apple computers. To install the software follow this sequence:

1. Close all open programs.
2. Double-click on the application file that you have just downloaded.
3. Follow the on screen installation instructions.

Step 6: USB Flash Drive

Before using the USB flash drive for the first time, insert it into the USB slot on your computer. Wait while the computer identifies the USB flash drive and installs the necessary driver.

To avoid corrupting the data on the USB flash drive always click the **Safely Remove Hardware** icon before removing the USB flash drive. The icon is on the right of the toolbar along the bottom edge of your computer screen. The icon is identified by a bright green arrow.

You are now ready to begin using your scale.

SCALE OPERATION

Weight Reading Only

If you just want to know your weight, follow this sequence:

1. Press scale platform (on one of the corners nearest to you) firmly until you hear a beep then release
2. Wait until display shows zero.
3. To change to st, kg or lb press button on underside of scale.
4. Stand on platform.
5. Weight is displayed.

Note: weight only readings are not saved for transfer to your computer.

Personal Data Entry

To enable you to take weight & body analysis readings you first need to enter your personal data.

Step 1: Determine Your Fitness Level

We all know that physical activity is important for our overall health, and the Salter MiBody is designed to be customised to reflect your level of physical activity. Please select the description below that best describes your lifestyle at the present time.

	Fitness Mode One: This category is for people who exercise lightly or infrequently (for example, less then 20 minutes of light aerobics one or two times a week). Most people will fall into this category.
	Fitness Mode Two: If you engage in moderate activity for about thirty minutes, three to five times a week, select this category.
	Fitness Mode Three: This category describes a person who is highly active, engaging in 60 minutes of moderate to vigorous exercise five times a week.

Most people should initially set their Salter MiBody at Fitness Mode 1. After about two months of incorporating more exercise into your healthy lifestyle, you should change to setting to Mode 2. Mode 3 should be selected only after you have consistently increased your activity levels for two to three months.

Helpful Hints:

- Be honest! You owe it to yourself to get the most accurate information!
- Always progress one mode at a time (don't jump from Mode 1 to Mode 3).
- Allow for at least two months of consistent activity before changing a fitness mode.

Step 2: Enter Your Personal Data

To change to st, kg or lb follow 'Weight Reading Only' sequence above.

1. Press **ON/SET** to activate the set-up procedure.
2. The user number flashes. Select a user number between 1-12 (please note memory 0 is for a guest and is not saved) using ▲ and ▼ buttons. Press **ON/SET** button to confirm.
3. Male or female icon flashes. Adjust gender using ▲ and ▼ buttons. Press **ON/SET** button to confirm.
4. Height flashes. Adjust height using ▲ and ▼ buttons. Press **ON/SET** button to confirm.
5. Age flashes. Adjust age using ▲ and ▼ buttons. Press **ON/SET** button to confirm.
6. Fitness level flashes. Adjust fitness level using ▲ and ▼ buttons. Press **ON/SET** button to confirm.
7. The user number flashes.
8. Press **START** button.
9. Wait while scale confirms user settings and then displays zero. Allow scale to switch to clock mode.
10. Repeat procedure for a second user, or to change user details.

Note: To update or overwrite the memorised data, follow the same procedure, making changes as required.

Weight & Body Analysis Readings

Each user can save up to 30 sets of results to the scale. The bar chart icon on the scale display indicates the user memory status.

To change to st, kg or lb follow 'Weight Reading Only' sequence above.

Position the Salter MiBody on a flat level surface.

1. Press **ON/SET** button.
2. Select your user number using ▲ and ▼ buttons.
3. Press **START** button.
4. Wait while scale confirms user settings (and if applicable displays your previous results).
5. Zero is displayed.
6. Step on to scale with BARE FEET.
7. Your weight is displayed.
8. Wait. Your weight is displayed again (you can step off the scale now) followed by your BMI, body fat, body water, muscle mass, visceral fat and BMR.
9. Your results are repeated (to toggle between results press the ▲, ▼, **ON/SET** or **START** buttons).
10. Your results are saved to the scale memory.
11. The scale returns to clock mode.

Note: If **FULL** is displayed then the memory is full. You need to transfer your results to the USB flash drive, otherwise your earliest results will be overwritten.

UNDERSTANDING YOUR RESULTS

Body Fat - What does it mean?

The human body is made up of, amongst other things, a percentage of fat. This is vital for a healthy, functioning body - it cushions joints and protects vital organs, helps regulate body temperature, stores vitamins and helps the body sustain itself when food is scarce. However, too much body fat or indeed too little body fat can be damaging to your health. It is difficult to gauge how much body fat we have in our bodies simply by looking at ourselves in the mirror.

This is why it is important to measure and monitor your body fat percentage. Body fat percentage gives you a better measure of fitness than weight alone – the composition of your weight loss could mean you are losing muscle mass rather than fat - you could still have a high percentage of fat even when a scale indicates 'normal weight'.

Body Water - Why measure it?

Body water is the single most important component of body weight. It represents over half of your total weight and almost two thirds of your lean body mass (predominantly muscle).

Water performs a number of important roles in the body:
All the cells in the body, whether in the skin, glands, muscles, brain or anywhere else, can only function properly if they have enough water. Water also plays a vital part in regulating the body's temperature balance, particularly through perspiration.

The combination of your weight and fat measurement could appear to be 'normal' but your body hydration level could be insufficient for healthy living.

How can knowing your body fat and water percentages help?

It can serve as a guide to whether you need to adjust your diet, fitness program or fluid intake to help achieve a healthy balance. Refer to tables (See Fig 1 and Fig 2).

Body Fat % Ranges for Men**

	AGE				
	20-29	30-39	40-49	50-59	60+
Low	<13	<14	<16	<17	<18
Optimal	14-20	15-21	17-23	18-24	19-25
Moderate	21-23	22-24	24-26	25-27	26-28
High	>23	>24	>26	>27	>28

Body Fat % Ranges for Women**

	AGE				
	20-29	30-39	40-49	50-59	60+
Low	<19	<20	<21	<22	<23
Optimal	20-28	21-29	22-30	23-31	24-32
Moderate	29-31	30-32	31-33	32-33	33-35
High	>31	>32	>33	>34	>35

Fig. 1

Body Water Chart***

	BF % RANGE	OPTIMAL TBW % RANGE
Men	4 to 14%	70 to 63%
	15 to 21%	63 to 57%
	22 to 24%	57 to 55%
	25 and over	55 to 37%
Women	4 to 20%	70 to 58%
	21 to 29%	58 to 52%
	30 to 32%	52 to 49%
	33 and over	49 to 37%

** Source: University of Illinois Department of Food Science and Human Nutrition. Body Fat Percentage Calculator. www.ag.uiuc.edu/~food-lab/ai/bfc.html

*** Source: Derived from Wang & Deurenberg: "Hydration of fat-free body mass". American Journal Clin Nutr 1999, 69 833-841.

Fig. 2

Body water measurement results are influenced by the proportion of body fat and muscle. If the proportion of body fat is high, or the proportion of muscle is low then the body water results will tend to be low.

It is important to remember that measurements such as body weight, body fat and body water are tools for you to use as part of your healthy lifestyle. As short term fluctuations are normal, we suggest you chart your progress over time, rather than focus on a single days reading.

Basal Metabolic Rate (BMR) - What does it mean?

Your Basal Metabolic Rate (BMR) is an estimation of the energy (measured in calories) expended by the body, at rest, to maintain normal body functions. This continual work makes up about 60-70% of the calories the body uses, and includes the beating of your heart, respiration, and the maintenance of body temperature. Your BMR is influenced by a number of factors, including age, weight, height, gender, dieting and exercise habits.

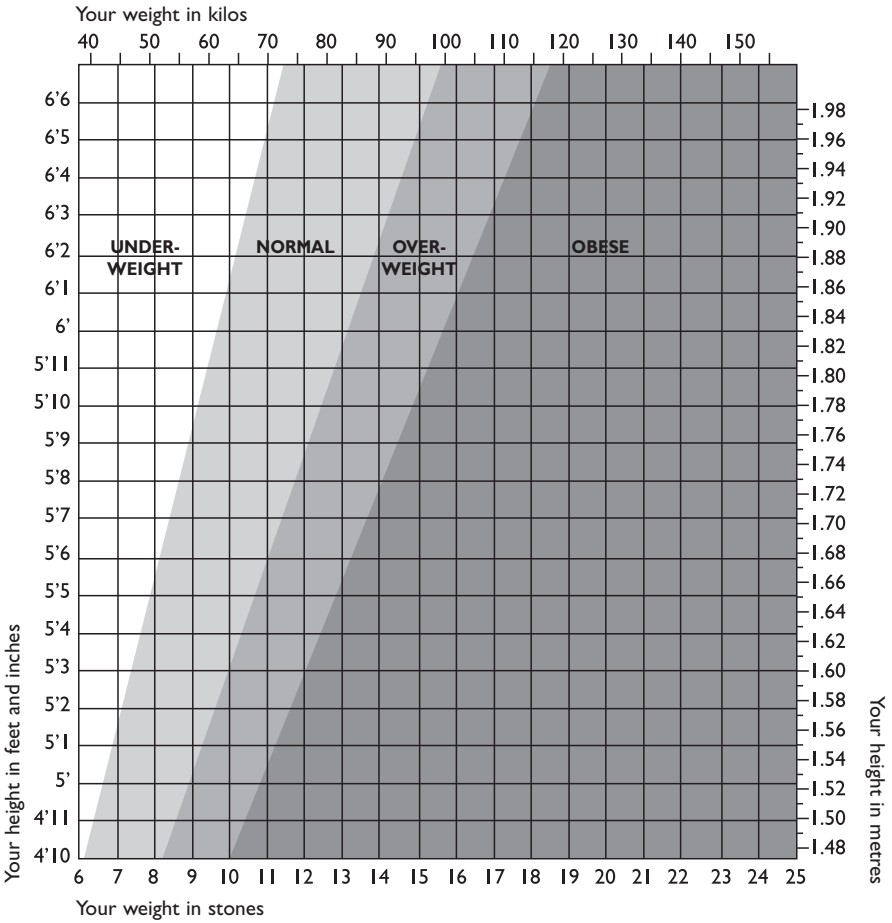
Why Should I Know My Muscle Mass?

According to the American College of Sports Medicine (ASCM), lean muscle mass may decrease by nearly 50 percent between the ages of 20 and 90. If you don't do anything to replace that loss you're losing muscle and increasing fat. It is also important to know your muscle mass % during weight reduction. At rest, the body burns approximately 110 additional calories for each kilo of muscle gained. Some advantages of gaining muscle mass include:

- Reversing the decline in strength, bone density and muscle mass that accompanies age.
- Maintenance of flexible joints.
- Guide weight reduction when combined with a healthy diet.

What does my BMI value mean?

Body Mass Index (BMI) is an index of weight-for-height that is commonly used to classify underweight, overweight and obesity in adults. This scale calculates your BMI value for you. The BMI categories shown in the chart and table below are recognised by the WHO (World Health Organisation) and can be used to interpret your BMI value.



Your BMI category can be identified using the table below.

BMI Category	BMI Value Meaning	Health Risk Based Solely On BMI
< 18.5	Underweight	Moderate
18.6-24.9	Normal	Low
25-29.9	Overweight	Moderate
30+	Obese	High

IMPORTANT: If the chart/table shows that you are outside of a 'normal' healthy weight range, consult your doctor before taking any action.

BMI classifications are for adults (age 20+ years) only.

Visceral Fat Rating – What Does It Mean?

Visceral fat is located in your abdominal cavity (stomach area) and surrounds your vital organs. The more visceral fat you have the greater the chance of developing insulin resistance (leading to type 2 diabetes), heart disease and high blood pressure.

The Salter MiBody will give you a visceral fat rating between 0 – 29.

Rating between 1 – 12:
Indicates that you have a healthy level of visceral fat.

Rating between 13 – 29:
Indicates that you could have excess visceral fat. You may wish to consider modifying your diet or increasing your exercise levels.

UPLOADING RESULTS TO YOUR COMPUTER

Step 1: Transfer Results To USB Flash Drive

1. Check scale is in clock mode.
2. Insert USB flash drive into slot on edge of scale.
3. Press **USB** button.
4. Wait while data is transferred (vertical bars move across display).
5. When display reverts to clock mode transfer is complete (results are deleted from scale).
6. Remove USB stick.

Note: During the transfer all results for all users are transferred to the USB flash drive and the scale memory is completely cleared. To avoid accidentally overwriting the data on the USB flash drive we recommend that the results are transferred to your computer immediately.

Step 2: Transfer Results to PC

1. Double-click Salter MiBody icon on your computer desktop.
2. Insert USB flash drive into your computer USB slot.
3. Close any windows for the USB flash drive that open on screen.
4. Click on the flashing blue **USB** icon on the top left of the Salter MiBody window.
5. A window will open showing the results stored on the USB flash drive.

6. Check the **Download** box next to the results to download.
7. Click **OK**.
8. Those files are downloaded (and the results deleted from USB drive).
9. A new window will open showing the results stored on the computer. Select your user and click **OK.**
10. You can now jump to step 5 of the following section.

Note: Transfer all results to your computer before transferring new results to the USB Flash Drive. If you transfer new results to the USB Flash Drive any previous results on the USB flash drive will be overwritten.

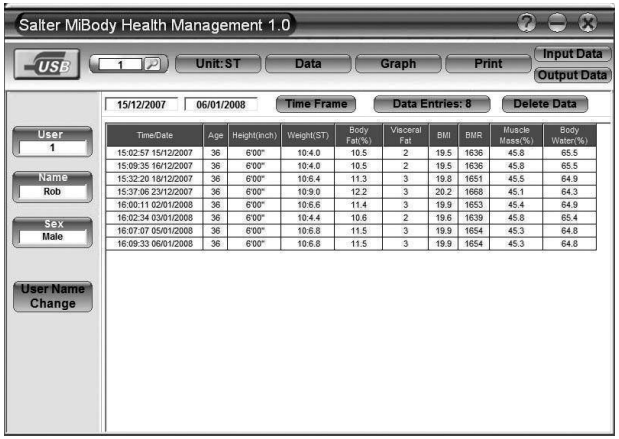
Note: Close the Salter MiBody software before attempting to remove the USB Flash Drive.

VIEWING RESULTS ON YOUR COMPUTER

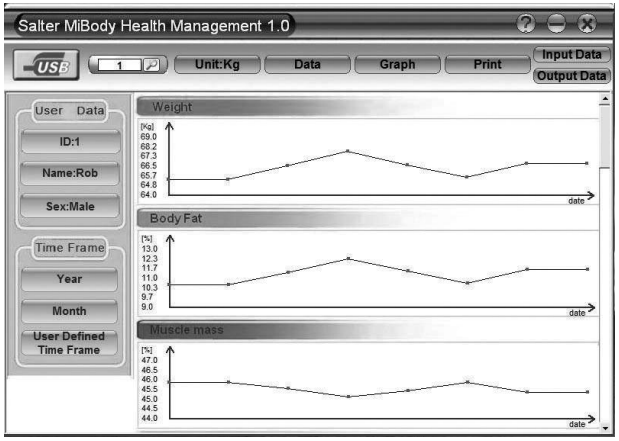
Once results are saved to your computer you can view them at any time by simply opening the Salter MiBody software.

1. Double-click Salter MiBody icon on your computer desktop.
2. The Salter MiBody window opens.
3. Click the magnifying glass icon.

4. Double-click your user number.
5. Your results are shown as a table.



6. Click the **Graph** tab to view the results as graphs. Use the bar on the right of the window to scroll through the different graphs.



7. To return to table mode click on **Data** tab.
8. Close the window to exit Salter MiBody software.

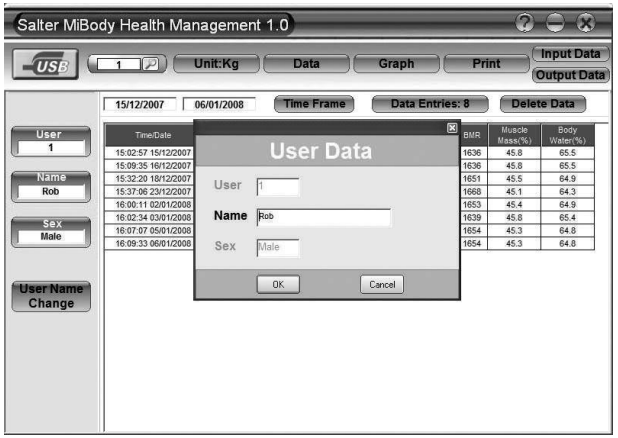
Tip: In graph mode click on the red points on the graph lines to view the result and date for that point.

Note: After you close the Salter Mibody software the results are retained until the next session. However we also recommend that you make regular backups of your results.

MANAGING YOUR RESULTS

User Name Change

You can add your name to a user number by clicking on the **User Name Change** tab when in table mode.



Data Entries

While in table mode the **Data Entries** tab indicates the total number of results you have stored.

Units

Click **UNIT** tab to change to st, kg or lb weight mode.

Timeframe

You can set a start and end date so that only results between those dates are displayed. In table mode click on the **Timeframe** tab above the table. In graph mode click on the **User Defined Timeframe** tab on the left of the window.

In graph mode you can also use the **Year** and **Month** tabs to limit the results displayed to a specific year or month.

To view a single year click on **Year**. Adjust the year accordingly. Click **Year** again to confirm and update the graphs.

To view a single month click on **Month**. Adjust the year and month accordingly. Click **Month** again to confirm and update the graphs.

To cancel **Timeframe** click on the magnifying glass icon and select your user again.

Print

When in table or graph mode click on the **Print** tab to print your table or graph results.

Input/Output Data (Backup/Retrieve)

Your results are retained each time you close the Salter MiBody software. In addition we recommend you backup your results as an extra precaution.

To backup your results click **Output Data** tab and follow the instructions. Please ensure that you backup in ACCESS (*.mdb) file format.

Note: All results for all users are backed up.

To import the backup results click **Input Data** tab and follow the instructions.

Note: All results (for all users) are replaced when backup results are imported. Any results added since the backup was created will be lost.

Delete Data

To delete records select the relevant row when in table mode and click the **Delete** tab.

Help

Click the **?** tab to access the operating instructions and help files.

UNINSTALL SALTER MIBODY SOFTWARE

Note: Your stored results will be lost when you uninstall the Salter MiBody software. If you intend to reinstall Salter MiBody we recommend that you backup your results first using the **Output Data** feature.

To remove the Salter Mibody software from your computer follow these steps:

1. Open **Control Panel** on your computer.
2. Double-click on **Add or Remove Programs**.
3. Click on **Salter MiBody**.
4. Click on **Remove**.
5. The Salter MiBody uninstall manager opens. Follow the on screen instructions.
6. Close the **Add or Remove Programs** window.

FREQUENTLY ASKED QUESTIONS

How exactly is my body fat and water being measured?

The Salter MiBody uses a measurement method known as Bioelectrical Impedance Analysis (BIA). A minute current is sent through your body, via your feet and legs. This current flows easily through the lean muscular tissue, which has a high fluid content, but not easily through fat. Therefore, by measuring your body's impedance (i.e. its resistance to the current), the quantity of muscle can be determined. From this, the quantity of fat and water can then be estimated.

What is the value of the current passing through me when the measurement is taken? Is it safe?

The current is less than 1mA, which is tiny and perfectly safe. You will not be able to feel it. Please note however, that this device should not be used by anyone with an internal electronic medical device, such as a pacemaker, as a precaution against disruption to that device.

If I measure my body fat and water at different times during the day, it can vary quite considerably. Which value is correct?

Your body fat percentage reading varies with body water content, and the latter changes throughout the course of the day. There is no right or wrong time of the day to take a reading, but aim to take measurements at a regular time when you consider your body to be normally hydrated. Avoid taking readings after having a bath or sauna, following intensive exercise, or within 1-2 hours of drinking in quantity or eating a meal.

My friend has a Body Fat Analyser made by another manufacturer. When I used it I found that I got a different body fat reading to that on my Salter MiBody. Why is this?

Different Body Fat Analysers take measurements around different parts of the body and use different mathematic algorithms to calculate the percentage of body fat. The best advice is to not make comparisons from one device to another, but to use the same device each time to monitor any change.

How do I interpret my body fat and water percentage readings?

Please refer to the Body Fat and Water tables included with the product. They will guide you as to whether your body fat and water reading falls into a healthy category (relative to your age and sex).

What should I do if my body fat reading is very 'high?

A sensible diet, fluid intake and exercise program can reduce your body fat percentage. Professional medical guidance should always be sought before embarking on such a program.

Why are the body fat percentage ranges for men and women so different?

Women naturally carry a higher percentage of fat than men, because the make-up of the body is different being geared towards pregnancy, breastfeeding etc.

What should I do if my water percentage reading is 'low'?

Ensure that you are regularly taking sufficient water and work towards moving your fat percentage into the healthy range.

Why should I avoid using the Salter MiBody whilst pregnant?

During pregnancy a woman's body composition changes considerably in order to support the developing child. Under these circumstances, body fat percentage readings could be inaccurate and misleading. Pregnant women should therefore only use the weight function.

Why is the Salter MiBody unsuitable for children?

The body composition of children requires different mathematic algorithms for the body fat calculation.

Is the Salter MiBody compatible with all USB flash drives?

The Salter MiBody is compatible with most USB flash drives. However to avoid the risk of losing your results we recommend that you only use the USB flash drive supplied.

TROUBLESHOOTING

- You must have bare feet when taking body fat measurements.
- The condition of your skin on the bottom of your feet can affect the reading.
  To get the most accurate and consistent reading, wipe your feet with a damp cloth, leaving them slightly moist before stepping on the scale.

WARNING INDICATORS

Replace battery.

Connect USB flash drive

Weight overload.

Out of range or incorrect operation.

User memory full.

ADVICE FOR USE & CARE

- Always weigh yourself on the same scale placed on the same floor surface.
- Do not compare weight readings from one scale to another as some differences will exist due to manufacturing tolerances.
- Placing your scale on a hard, even floor will ensure the greatest accuracy and consistency.
- It is recommended that you measure at the same time of the day, preferably early evening before a meal for the most consistent results.
- Your scale rounds up or down to the nearest increment.
  If you weigh yourself twice and get two different readings, your weight lies between the two.
- Clean your scale with a damp cloth. Do not use chemical cleaning agents.
- Do not allow your scale to become saturated with water as this can damage the electronics.
- Treat your scale with care - it is a precision instrument. Do not drop it or jump on it.
- Remove the USB flash drive from the scale after use to prevent accidental damage.

GUARANTEE

This product is intended for domestic use only. Salter will repair or replace the product, or any part of this product, (excluding batteries and USB flash drive) free of charge if within 15 years of the date of purchase, it can be shown to have failed through defective workmanship or materials. This guarantee covers working parts that affect the function of the scale. It does not cover cosmetic deterioration caused by fair wear and tear or damage caused by accident or misuse. Opening or taking apart the scale or its components will void the guarantee. Claims under guarantee must be supported by proof of purchase and be returned carriage paid to Salter (or local Salter appointed agent if outside the UK). Care should be taken in packing the scale so that it is not damaged while in transit. This undertaking is in addition to a consumer's statutory rights and does not affect those rights in any way. For UK Sales and Service contact HoMedics Group Ltd, PO Box 460, Tonbridge, Kent, TN9 9EW, UK. Helpline Tel No: (01732) 360783 during normal office hours.
Email: cservice@homedics.co.uk. Outside the UK contact your local Salter appointed agent.

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